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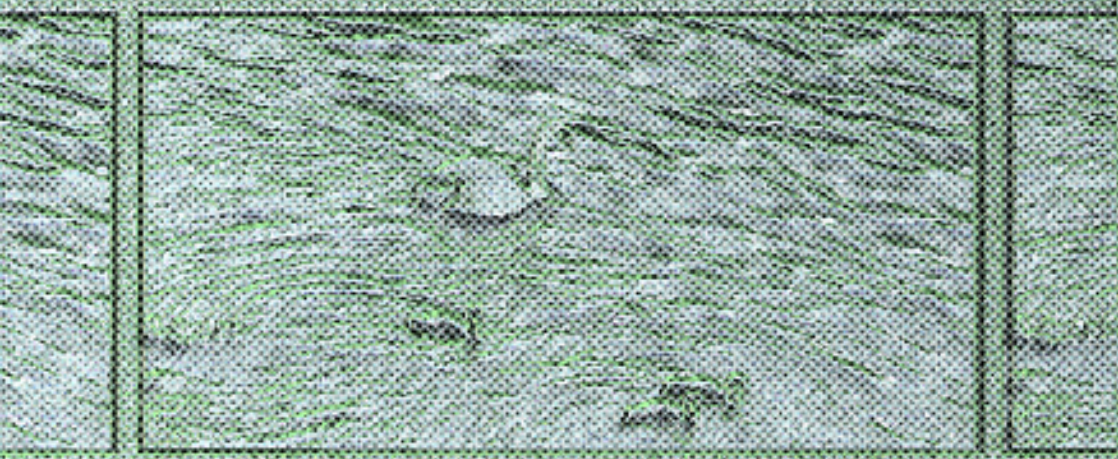
The Radio Zero

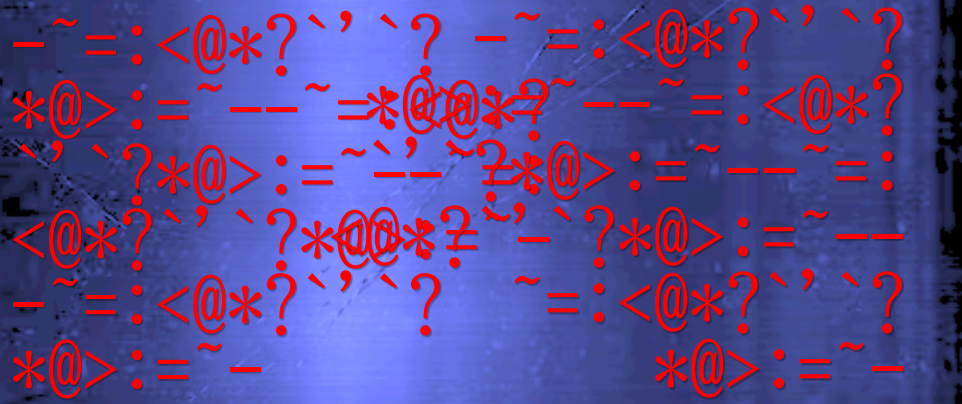


issue 2: jun-jul 2026

How are we?

Welcome back (to like the 5 readers that know I exist, I really appreciate it lol) to The Radio Zero! I've got so much to broadcast and it feels very exciting to deliver a fresh page of thoughts and ideas that I've gathered since the first issue.

This issue is posted in the centre of Summer, the typhoon season and a wild holiday. I hope wherever you are, the weather's nice and the sun is friendly. I hope that no matter how loud it gets outside, there's a routinely solace that comes with Summer.



this issue is the result of juggling between loneliness and sweet solitude. i've been travelling to different places, and there's so much "outside world" inspiring me, but when it gets too much, I know that I love to return to my own space. and these pages are part of it. at this time of writing, i've just finished writing all of the other pages and this feeling of release connects me to a state of peace and reflection. i hope this resonates with you too.

take care,
•⋆⁺⋆⁺ Nexā

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Currently living the same life as a swan.

It's Summer, finally. I went to the river a few weeks ago and saw a few swans swimming. (I don't know if they swim, but they were there). I was sitting on the edge, and there was a swan stuck behind a piece of wood, but when I bent closer to see, it was just a white plastic bag.

The real swans though, they were swimming with so much peace. Or at least, that's what it looked like to me. I've just battled through an exam season, and my friends are all on holiday, so I haven't been seeing that many people. I went to the river as a bit of "self-care", thinking that by watching the swans, the pedestrians, or by immersing myself in the nature I'd feel a bit saner.

And it did. I watched how serene the environment was, and it made me feel calmer too. I felt like I really, really needed it, even though it's just doing nothing.

I thought to myself, I will never really know if the swans are swimming because they wanted to relax or is it because they have to (like for survival).

The river is their home in a way. I can't tell if they have their bedrooms, kitchens and bathrooms, or maybe it's an all-in-one. Either way, them gracefully swimming could just be them existing. Maybe they're even feeling quite sad inside, and no one will know that. On the surface they're just there but in a tranquil manner.

I really am not that different from the swan.

I don't know
and
no one knows

ADIO ZERO
ssue 02
, United Kingdom

026
K: 706857

05:05 PM
CUST: 24

1	I can be lonely	$ 0.00
1	Because I have a window	$ 0.00
1	Glass community	$ 0.00
1	It is a portal	$ 0.00
	To a threat	$ 0.00
	-	$ 0.00
2	When the window captures	$ 0.00
	images of idyllic sunny days	$ 0.00
2	I would think that its endless	$ 0.00
	surface is just a waste	$ 0.00
	-	$ 0.00
3	How do I connect through this partition	$ 0.00
3	How do I conceal against its transparency	$ 0.00
3	Does it change me into another version	$ 0.00
3	Does it exert pressure onto me	$ 0.00
4	Am I working diligently	$ 0.00
4	Am I setting the boundary	$ 0.00
4	Or am I just watching them play	$ 0.00
4	Through the window	$ 0.00

AUTHORIZATION: 1PVF
APPROVAL CODE: 1YBM
PAYMENT ID: C9RND
CARD READER: SWIPE/CHIP

Subtotal
TAX

SALE

13/07/2026	18:53
Host :	Nexā
Order:	941
BATCH:	111421481
APPR :	539161875

VISA

1	Staring into the mirror like a screen	$ 0.00
1	So that each freckle is a picked pixel	
1	So that the reflections are illusions	
1	So that I'm captured in picture	
1	So much light on my face	
1	So much life there to hate	
1	Too many strands and dots that shine	
1	Too many forgotten lines I hide	

Subtotal

Photo Samples

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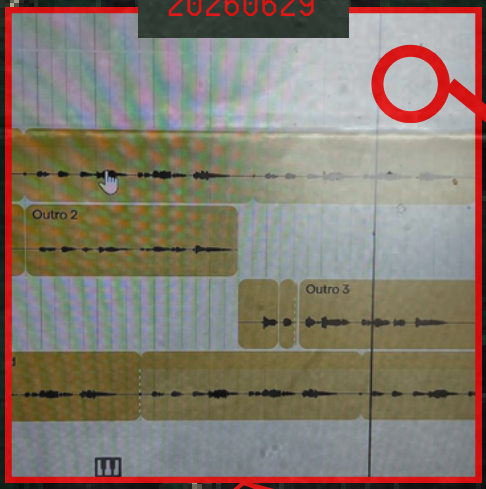

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creation

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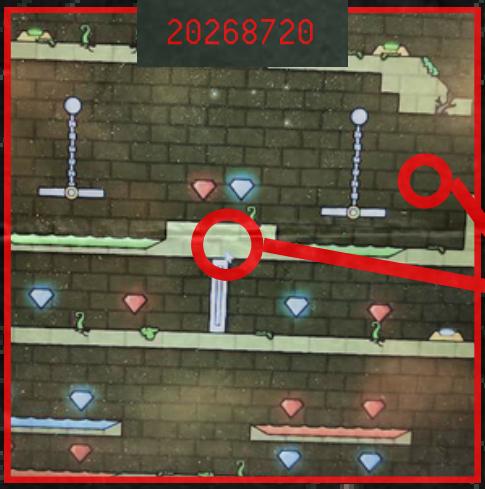

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stone

desire

urban

lines

20260622

20260718

Recently, Dreams

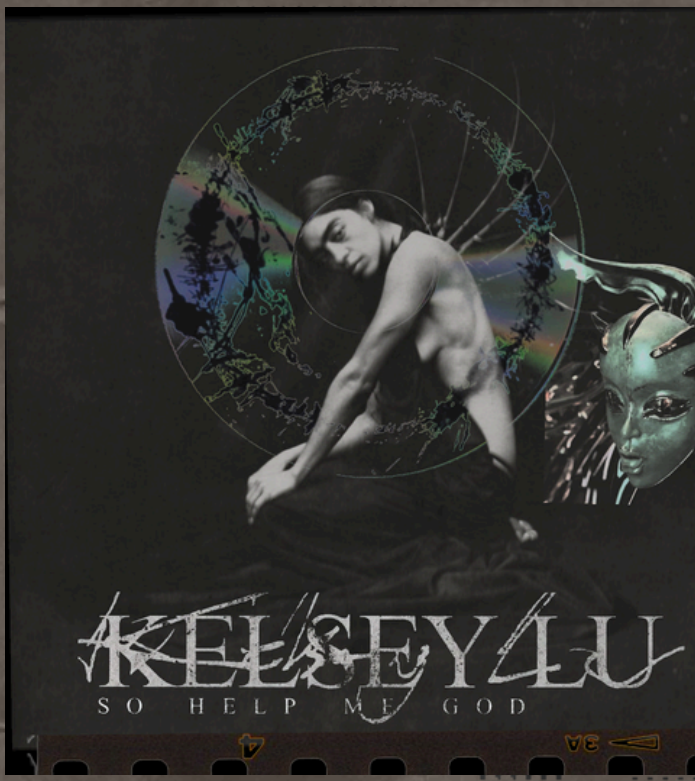
6 / 7 / 26
I walked through a long tunnel on foot. In the dream, I knew where I was going, and I was going alone. I arrived at a heaven-esque pool of water. The pool was shallow enough for me to just walk in. There was a talking statue at the other end of the pool, and it was talking about prioritizing the divine, or something like that. Then when I left the pool I was next to a bus stop, where my mother was waiting for me.

16/ 7 / 26
I was walking to the train station which was hidden in an unfamiliar part of my town. It was concealed behind trees and foliage. The train station was quite empty (I assume it's early in the morning), but I took the train home. When I got back I was spinning a vinyl on a turntable. It was Carrie & Lowell by Sufjan Stevens. Later I discovered that there was a 7" vinyl hidden in the packaging. But before I opened it, I noticed that there were other family members in the room.

The Album Continuum

(A Review of a new favourite release & how it contrasts with an older album.)

So Help Me God by Kelsey Lu / Magdalene by FKA Twigs



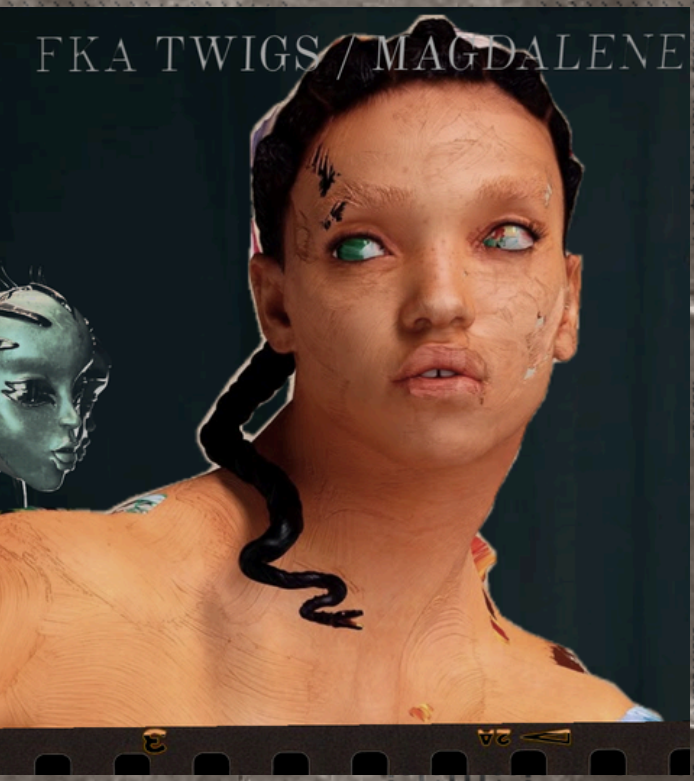
So Help Me God by Kelsey Lu landed in the middle of June and felt like refreshing rain in a heat wave. This was Lu's first album since "Blood", released in 2019. The album was captivating to listen to, vulnerable and glowing with indescribable beauty. It manages to blend so many natural, fluttering orchestral sounds with experimental sounds and effects. It feels like it's from another world, and the music videos / short film that Lu released (absolutely flawless btw) really compliments this. The 7-year journey behind this album is truly inspiring.

Throughout this album, I can hear and picture Lu's struggles and pain unravelling with each track. Lu posted on her Instagram earlier, "[The album] grew out of a long period of grief, spiritual questioning, and rebuilding after loss". The complex world-building, sonic experimentation and the surreal soundscapes reminded me of "Magdalene" (2019) by FKA Twigs.

So Help Me God featured mesmerizing and unique production. For me, the club-esque kicks at the end of the 7-minute "American Sonnet" as well as the low punches under weeping violin melodies of "852" were both standout moments in the whole album. My personal favourite of the album, "Better Than That", starts with sweeping and slow, hypnotic piano melodies and Lu sings with a tone of disappointment with ethereal vocals by Sampha. And then, it builds up with more tension and conflict until literally in the middle of the track, the drums kick in to reveal other instruments as Lu sings confidently, "Ripped the curtain off the blinds". The track later even becomes a danceable track that reminded me of Solange's songs in "When I Get Home".

While revisiting Magdalene by FKA Twigs, I've noticed similarities in the sonic language with So Help Me God. In "home with you", wrenching kick drums pound with angst, which leave as Twigs perform her highly emotional and vulnerable vocals, before a full orchestra swells in. The high-pitched woodwind sounds and swirling strings in this part of the song helped me pronounce an emotion I can't even name. In "daybed", another personal favourite from the album, the whirring pads and faint strings are echoed in So Help Me God through the touching instrumental sections of "Portrait Of A Lady On Fire" and "American Sonnet".
The key feature I love about *Sexistential* is Robyn's straightforward, and at times comical lyricism, that is actually highly poetic.

Both albums are also lyrical masterpieces with intentional symbolism and the language of pain. When Kelsey Lu released Running To Pain dropped in March, the refrain "Running, running, running, back to pain / It keeps me sane" is a painful statement, but a line that connects many. The explosive and unleashing instrumentals add to this confession of a habit to return to what hurts us. In "home with you" from Magdalene, Twigs sings "If you'd have just told me, I'd be running down the hills to be with you". Twigs sings of regret, conflict and the necessity of belonging.



One of the moments from So Help Me God that cut me the deepest was the line from "852": "You only loved me like I shouldn't have been loved all along / And now you wanna run away /'Cause I love to hang on to all the pain". The word "pain" was expressed so emotionally, and I could feel Lu's agony even through the bleak instrumentals underneath her vocals.

"So Help Me God" finishes with a liberating, uncaging conclusion. In "Cutting Off The Head Of A Ghost" , Lu commands, "Keys of life / Make peace with parting seas / Embrace the fears, the tears". These poetic lines feel like both a surrender and control and are loaded with confidence, if not complete acceptance. This feels like a final stage in the stages of grief where there has been enough time and space to give the past closure. In "Mary Magdalene", the thematic epicentre of Twigs' album, Twigs sings, "A woman's touch, a sacred geometry / I know where you start, where you end, how to please, how to curse". This is a firm, declarative realization of her power and her ability with unwavering confidence. The emotional lows of both albums make moments of affirmation like these glisten and stand out, like piercing through a wave of grief and know that one day all of the pain will be washed away.

"So Help Me God" and "Magdalene" are both unique, classic albums that come from different stories and deeply personal experiences, but they share a common language of heartbreak and reformation, whether that is through the expressive and raw sonic juxtapositions or divine storytelling. The albums take me on an emotional journey every time I listen to them. It feels like a blessing from another universe.

How are you, in another universe?

1 2 3

1. Success, winning, victory and recognition for this victory
2. Ambition, inspiration, enthusiasm with hesitation
3. Diversions, inferior decisions, missed opportunity

Whatever you're looking for, it's looking for you too ▫ Inspiration is already present in your life

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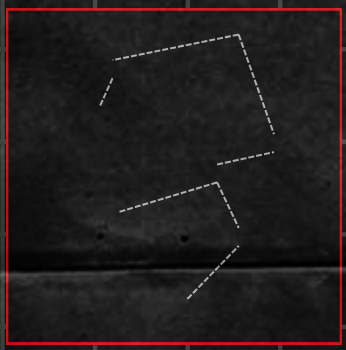
Recognize your successes and evaluate if they're aligned to the life you want ▫ Everything will pass

The Swan Songs of Issue Two



Chanel Beads – Tyler Richard

Japanese Breakfast – Posing in Bondage

Solange – Don't Wish Me Well

Kelela, PinkPantheress – The Bridge

Lorde – Hold No Grudge

Nilüfer Yanya – Made Out of Memory

Arlo Parks – Blue Disco

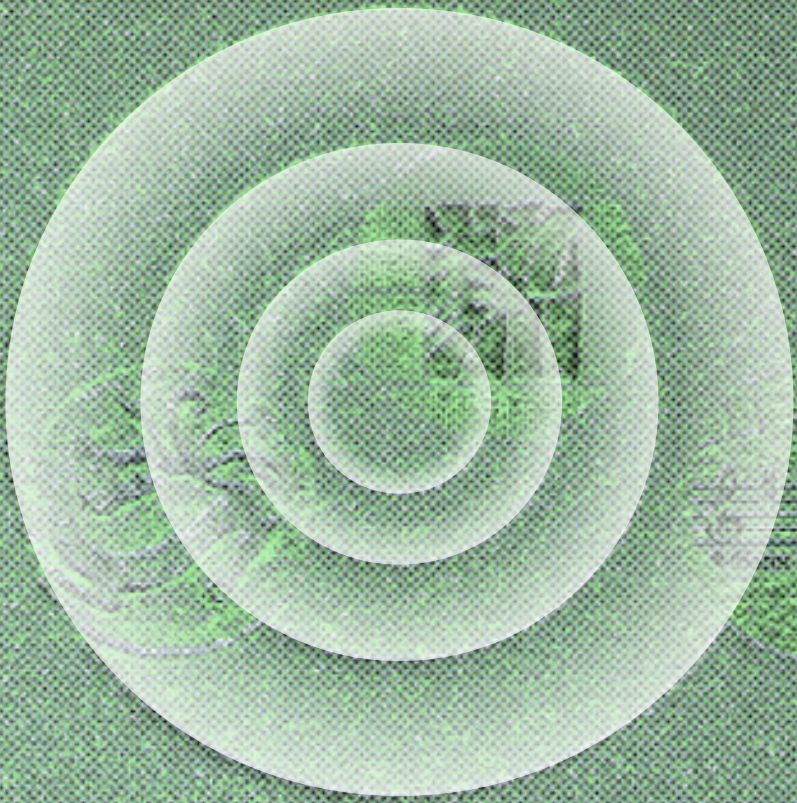
Hyd – Watch You Cry

The Radio Zero

The Radio Zero *is an original zine series by Nexā (hello!) and updates every two months. Pulsing through snapshots of my everyday life and my ever-changing hyper-fixations, I unravel my thoughts in the form of this zine series.*

Written & Designed by Nexā
Images from my camera roll + stock photos
No AI was used in the making of this series in any way ;)

Instagram - theradiozero.zine
Website - Soon!



next issue: 30th Sep 2026